



Healthy STEPS

Preschool Parents Newsletter



Compliments of
The Parent Child Connection Assiniboine North Parent Child Coalition

Working with parents, caregivers and service providers to ensure children are healthy and happy.
Contact Antoinette @ 204.764.4232 or agravelouellette@pmh-mb.ca for more information

Nurturing Self Esteem

Why is Self Esteem Important?

Your child's self-esteem affects how well they do day-to-day. It affects their relationship with you and with others, and has an impact on how they do at school and in social situations.

Positive self-esteem helps children:


- have the courage to be their own person, believe in their own values,
- make good decisions under pressure,
- interact with others,
- handle stress and life's challenges.

What can I do to help nurture my child's self esteem?

- The most important thing is to **show your child lots of love and acceptance**. Spend time with them and give them lots of hugs and affection.
- **Focus on your child** by playing with them and listening when they talk. Show interest in your child's activities, projects, or problems.
- **Help your child learn from their mistakes**. Talk about what can be done differently next time, and how they can control their own behavior.
- **Offer choices and the chance to problem-solve, appropriate to your child's age and developmental stage**, so that your child learns that they have control over their life.

Christmas Trees

There were 5 little Christmas trees
Standing all alone.
They had a sad heart
'Cause they couldn't find a home.
Then chop went the ax
And down went the tree.
And away it went with a happy family!



Pine Cone Christmas Tree



December 2022- Programs Near You!



Russell

Mothers Helping Mothers Support
for Moms 6:30-8:00

Contact Taneal @ 204.821.6686

Minnedosa

Together We Can, Together We Are

Contact Denise @ 849.2263 or
email parentinginpurple@gmail.com

Step 2 Programs are Back!

Rivers Step 2

Riverdale Community Center

Dec. 13 & 27 9:30-11:30

contact Christine at Riverdale Recreation
204.328.7753 for more

Neepawa Step 2

At Arts Forward from 2-4 on

Wed. Dec. 7 & Sat. 17th

Wednesdays are 10-12

Saturdays are 2:00-4:00

Contact Heidi at the town 204.476.614

Birtle Step 2

Birtle Library 10:30-Noon

December 17th

Contact library 204.834.3418 or
just drop in!

Please watch our Facebook page for
more information on start dates or
contact us!

Healthy Baby Sessions are taking place in
various ways. If you are interested in online
please contact Call 204-578-2545 Shauna
Facilitators to contact:

Alexandra Lozada-Gobeia,

Healthy Baby Facilitator

Minnedosa, Neepawa, Carberry

alozadagobeia@pmh-mb.ca (204) 476-7842

Carberry 4th Tues. Evangelical Free Church

Minnedosa 3rd Tuesday United Church

Neepawa Library 2nd Tuesday

Neepawa Immigrant Services 2nd

Tuesday's 2-4

Stephanie Tourond,

Healthy Baby Facilitator

Russell, Hamiota, Birtle, Rivers

STourond@pmh-mb.ca (204) 748-2321 ext. 294

Birtle 4th Wednesday Community

Development Center

Hamiota 3rd Tuesday Cornerstone

Pentecostal Church

Rivers Zion Church 2nd Wednesday

Russell United Church 3rd Wednesday

Times for Healthy Baby are 10-12 unless
listed otherwise

*Holiday season is a great time for
traditions.*

*What traditions do you have or do you want
to start?*

*Kids love traditions and it builds resiliency
as they help children feel safe.*